

LESSON PLAN: BASKETBALL: YEAR 5: WEEK 5

LESSON OBJECTIVE: To be able to work as a team to attack and defend effectively.

WARM UP (10 MINS)

Select 3 catchers and give them a bib and a ball. Catchers must dribble around the area and try and touch pupils with the ball. When a pupil is caught they must freeze until another team mate runs over and frees them by running underneath their arm.

MAIN LESSON (20 MINS)

Split the class into groups of 6, 4 attackers and 2 defenders. Students to play 4v2 with one basket, attackers will score a point when making a successful basket and defenders will score a point for intercepting the ball. After 5 attempts 2 of the attackers will swap with the defenders so every student will have a chance to perform both roles.

Develop: Students to play 3v3 in order to make it harder for the attackers.

Teaching Points

- Passing and moving
- Create space
- Marking
- Intercepting

GAME/COMPETITION (15 MINS)

Shoot out: The children work in pairs. When the teacher says go, one player dribbles down the court and the other sprints down the opposite side. The player with the ball passes to the other who has to slow down to receive the ball. Once the ball is received the pupils must shoot.

EQUIPMENT

- Balls
- Bibs
- Cones
- Hoops

KEYWORDS

- Attacking
- Defending
- Passing
- Movement
- Team-work

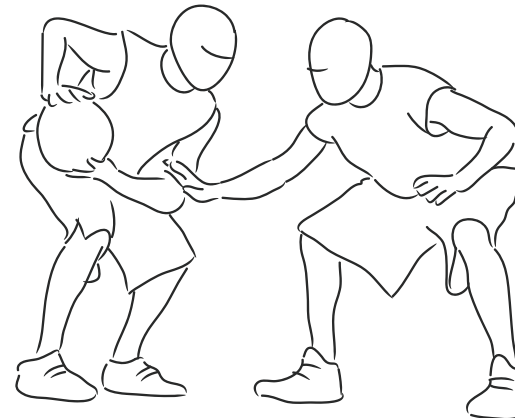
DIFFERENTIATION

LESS ABLE

- Compete with students of the same ability.
- Can hold onto the ball for a longer period of time.

MORE ABLE

- Compete with students of the same ability.
- Only allowed to hold onto the ball for a certain amount of time.



ASSESSMENT FOR LEARNING

CRITERIA		SKILLS
Fundamental Skills & Movement	7	Can they perform the attacking and defending skills to a high ability?
	6	Can they perform the attacking and defending skills with a certain degree of control?
	5	Can they perform some of the attacking and defending skills, with very little control?
Tactics, Rules & Teamwork	7	Works with a partner and demonstrates knowledge and understanding of the task.
	6	Can work with a partner and understands the task.
	5	Starts communicating with a partner.
Show & Link	7	Can they link: attacking and defending successfully in a game?
	6	Can they show and link: attacking and defending in a game?
	5	Show they can attack and defend.
Describe Ways to Improve	7	Are able to describe and improve performance.
	6	Are able to describe performance.
	5	Are able to see differences in performance against a simple model.
Fitness & Health	7	Shows a solid understanding of why physical activity has health benefits.
	6	Has some knowledge of why physical activity has health benefits.
	5	Has little knowledge of why physical activity has health benefits.